

County Connection

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Special points of interest:

- 5/17: Benefits Fair (Details inside)
- 5/26: Payday
- 5/29: County Offices Closed for Memorial Day
- 6/23: Payday

Calendar of Events

MAY

1 BOC Meet-9 AM
 4 National Day of Prayer
 6 Nurses Day
 14 Mother's Day
 15 BOC Meet-6:30 PM
 17 Benefits Fair
 20 Armed Forces Day
 29 Memorial Day—
 Offices Closed

JUNE

5 BOC Meet-9 AM
 18 Father's Day
 19 BOC Meet -6:30 PM
 18 Father's Day

The Riddler

Answers can be given to Nichole McLaughlin @ 694-4193 x109.

We are little creatures;
 All of us have different features.

One of us in glass is set;
 One of us you'll find in jet.
 Another you may see in tin,
 And the fourth is boxed within.

If the fifth you should pursue,
 it can never fly from you.

What are we?

First one with correct answer wins a sweet treat!!



Bizarre Holidays:

5/6: No Socks Day
 5/29 Paper Clip Day
 6/10 Iced Tea Day
 6/18 Go Fishing Day
 6/24 Take Your Dog To Work Day

Welcome New Employees!!

We had a lot of new employees since the last edition of the newsletter, because of the limited space in this section I have placed their names in the Employees News Section.



EMPLOYEE BENEFITS FAIR

The Employee Benefits Fair will be held on May 17th. This year I will try a different format, there will be two general sessions and also walk-in times.

The walk-in times will allow employees to talk individually with our Benefits Providers or come see only the Providers they need to.

The format will be as follows:

General Session 1: 9AM

Walk-in: 9:50AM - 12:30PM

Lunch Break: 12:30PM - 1:30PM

General Session 2: 1:45PM

Walk-in: 2:35PM - 4:30PM

As of date the following providers will be in attendance:

- 401(k)
- Pre-paid Legal Services

- AFLAC
- American General
- Ameritas Dental

The Benefits Fair will be located at the Parks & Rec.

A flyer will be issued at a later date.



Retirement News

The Retirement Systems Division is once again offering small group meetings for employees within two years of retirement. Beginning May 1, 2006, the meetings will be held on the 4th floor of the Albemarle Building, located at 235 N. Salisbury St. in Raleigh, on Tuesdays at 10AM and on Thursdays at

2 PM. Each meeting will accommodate 20 people.

Employees who want to attend a meeting should contact the Division at 1-877-627-3287. If they would like a personal estimate prepared for the group meeting, the employee must provide: leave balances, contract year, estimated amount of

Social Security benefits at age 62, beneficiary name and date of birth, and current address.

Free parking for the meetings will be available in the visitor lot of the parking deck beside the Albemarle Building. Attendees should bring their parking ticket stubs to the meeting for validation.

CANCER NEWS FROM JOHNS HOPKINS

Dioxin chemicals cause cancer, especially breast cancer.

Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body.

Instead he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. Paper isn't bad, but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc.

He also pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out the plastic wrap and drip into the food. Cover the food with a paper towel instead.

- 1. No plastic containers in microwave.**
- 2. No water bottles in freezer.**
- 3. No plastic wrap in microwave.**

Thanks to Janice Clayton for providing me with this information.

EMPLOYEE AND DEPARTMENTAL NEWS

- New Employees: Rickey Williams (Parks), Carrie King (Senior Center), Marshall Corbett (Parks), Wes Harrington (911), Allen Smith (Parks), Rickye Collie (Parks), Brian Alley (Parks), Philip Lipscomb (Parks), Michelle Polk (Health), Cornelius Lassiter (Parks), Jerome Wilson (Parks), Emily Owen (Parks), Melisa Watlington (CDOT), and Melody Batchler (CDOT).
- Gloria Hodges (911) was inadvertently left off the March Birthday list and Rebecca Archer (EMS) was left off the April List. I do apologize for the oversight.
- Brody Dixon (Health) correctly answered the riddle from the last edition on the newsletter. [Answer: Letters I & S](#)
- The prize winners from the Safety Policy Orientations were: Melissa Williamson (CDOT), Betty Gentry (Coop), Cynthia Royster (911), Pam Turner (Health), Tim Smith (Landfill), Jerald Brown (Sheriff), and Cynthia Richmond (Health). Congratulations to all the winners.
- Audrey Simpson will be celebrating her first anniversary with Caswell DSS on May 16th.

Employee Birthdays

MAY:

Gaither Clayton	EMS
Kaye Cobb	Health
Tom Edmonds	Econ
Spencer Farrish	Insp
Mable Gunter	Jail
Jennifer Holt	DSS
Ricardo Johnson	Parks
Sherry Phelps	DSS
Donna Pointer	Senior
Jennifer Satterfield	Health
Angel Soyars	Sheriff
Dallas Stephens	Sheriff
Harry Watlington	Lake
Jo Wilson	Sheriff

JUNE:

Brandi Boaz	Coop	Mark Matherly	EMS
Della Brown	Health	Jonathan Miles	EMS
Mike Cusimano	Planning	Patricia Mise	DSS
Sherri Desormeaux	Deeds	David Myers	Parks
Brody Dixon	Health	Patricia Poteat	Library
Sharon Ferguson	Health	Jean Robinson	DSS
Keith Garner	EMS	Ryan Rooks	EMS
Katina Graves	Finance	David Shatterly	DSS
Herbert Hagood	Lake	Bob Shaver	Admin
Garland Halbrook	Sheriff	Lynn Simpson	DSS
Nate Hall	Gov't	Lorraine Snyder	Aging
Waymon Harrelson	Parks	Kevin Vernon	EMS
Marthann Hooper	Health	John Wade	CDOT
Bernard Jefferys	CDOT	Brenda Walters	Health
Sylvia Johnson	Tax	Jillian Watlington	Parks
Evelyn Massey	DSS	Lisa Webster	DSS
		Kathy Zimmerman	DSS